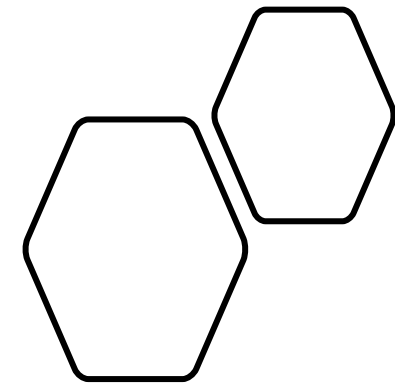


**A Public Forum Discussing
*Results & Key Findings***

**COMMUNITY HEALTH &
WELL-BEING SURVEY**





NEW CANAAN
Behavioral Health
ALLIANCE

We are the

NEW CANAAN
Behavioral Health
ALLIANCE

NEW CANAAN
Behavioral Health
 ALLIANCE
Members



Catalyst CT / The Hub



Child Guidance Center of Southern CT



Community Health Centers



Domestic Violence Crisis Center



Fairfield County Trauma Response Team



Family and Children's Agency



Family Centers



Kids In Crisis



Lapham Center



Laurel House



Libration Programs



Mental Health & Autism Insurance Project



Mid-Fairfield Community Care Center



Mountainside Treatment Center



New Canaan Abuse Prevention Partnership



New Canaan CARES



New Canaan Community Foundation



New Canaan Country School



New Canaan EMS



New Canaan Fire Department



New Canaan Human Services



New Canaan Library



New Canaan Parent Support Group



New Canaan Parks & Recreation



New Canaan Police Department



New Canaan Public Schools



New Canaan Recovery Corps



New Canaan YMCA



Ram Council Foundation



RE/COACH



Silver Hill Hospital



St. Luke's School



Stand Together Against Racism



Staying Put in New Canaan



The Lighthouse Recovery Services



The Rowan Center



Thrive with a Guide



Voices Center for Resilience



Waveny LifeCare Network



Women Empowering Women Institute

THIS MONTH!

NEW CANAAN
Behavioral Health
ALLIANCE

COMMUNITY HEALTH & WELL-BEING SURVEY

Your Results Will Guide Decisions and Resources Impacting Our Community's Health, Mental Health, and Well-Being

100% NEW CANAAN EVERY VOICE COUNTS!



newcanaanbha.org



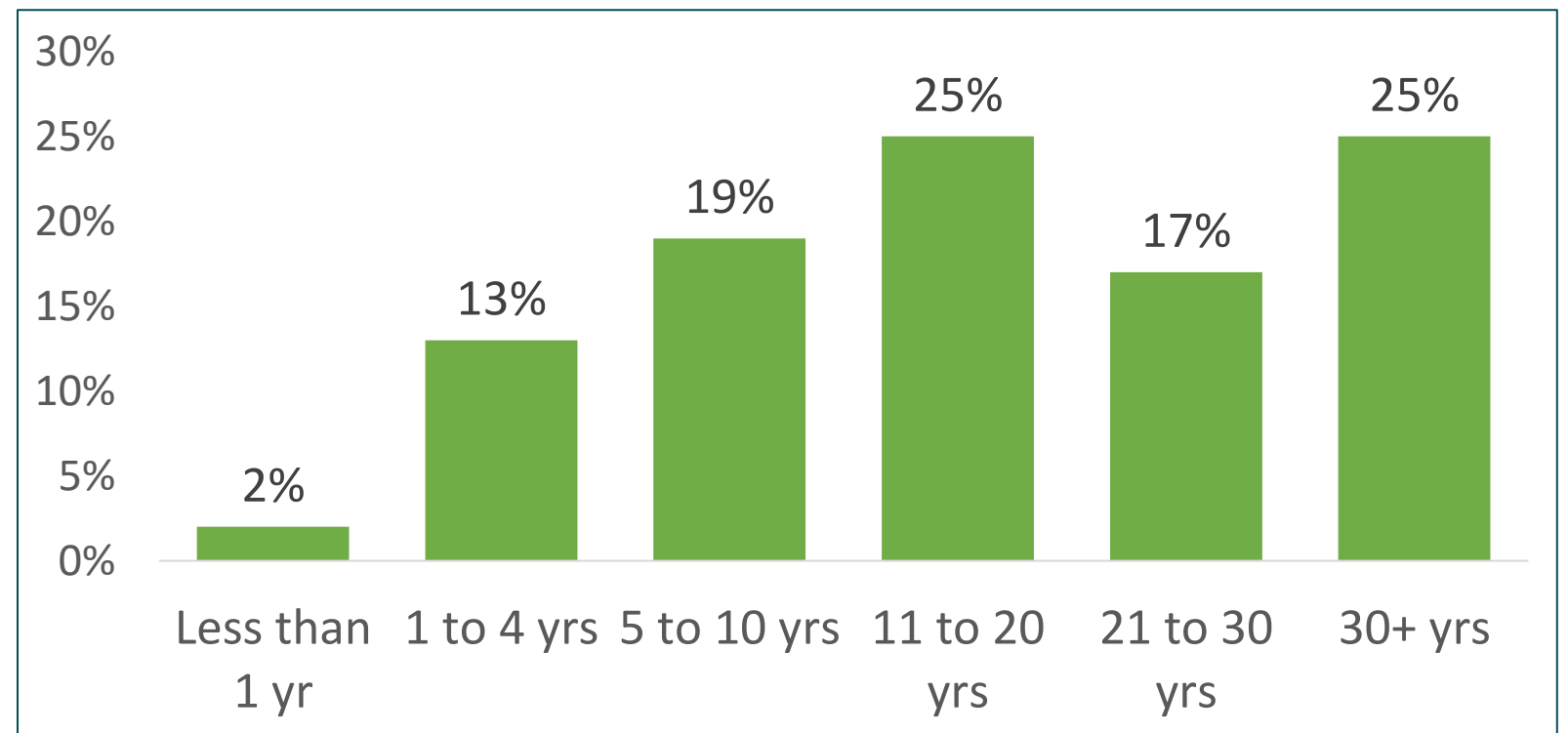
Take
5-Minute
Survey
Today!

- Developed by members of the New Canaan Behavioral Health Alliance (NCBHA) and Chanana Consulting, LLC
- To guide decisions and resources impacting our community's health, mental health, and well-being
- Collected 1490 surveys from New Canaan residents aged 18 and older and parents of students in New Canaan schools in October 2024
- 10.5% of population 18+ included in analysis
- Confidence interval of 2.4
the percent range you can expect the accurate rates to fall within is $\pm 2.4\%$

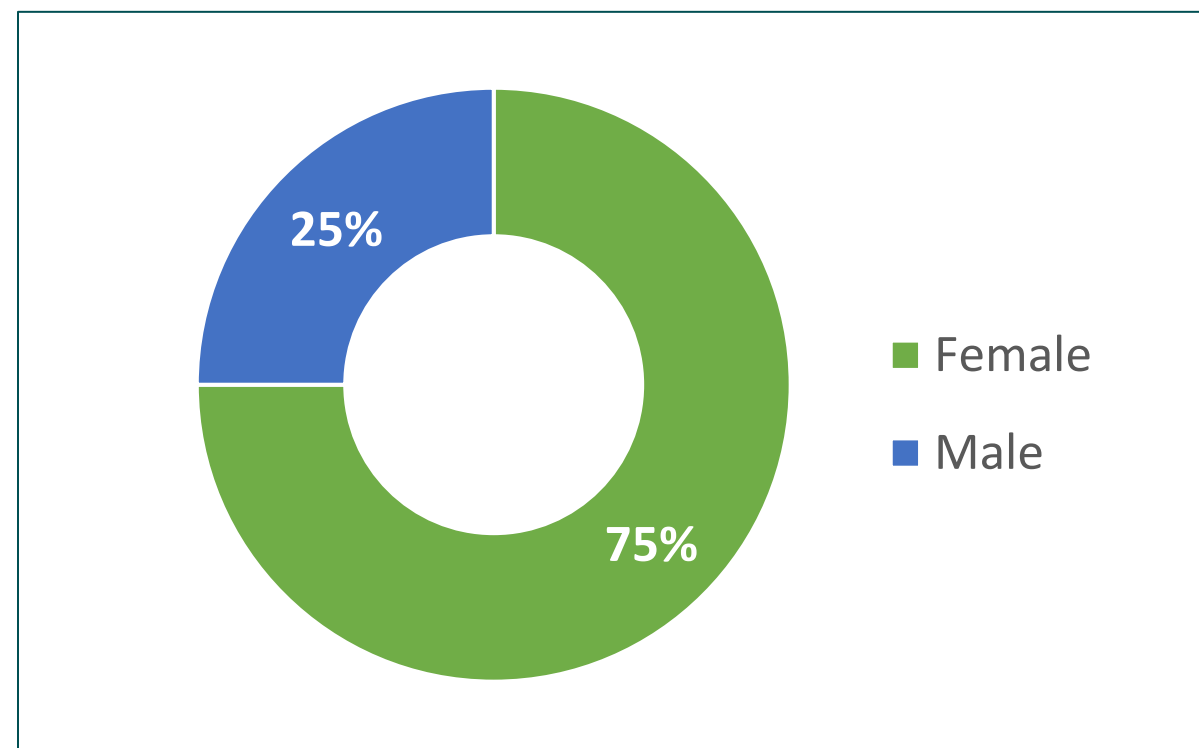
Demographics

Residence: Close to 98% of the respondents live in New Canaan, while the remaining 2% are parents with at least one child attending school in New Canaan.

Length of Residence: 42% have lived in New Canaan for more than 21 years. 15% since 2020.

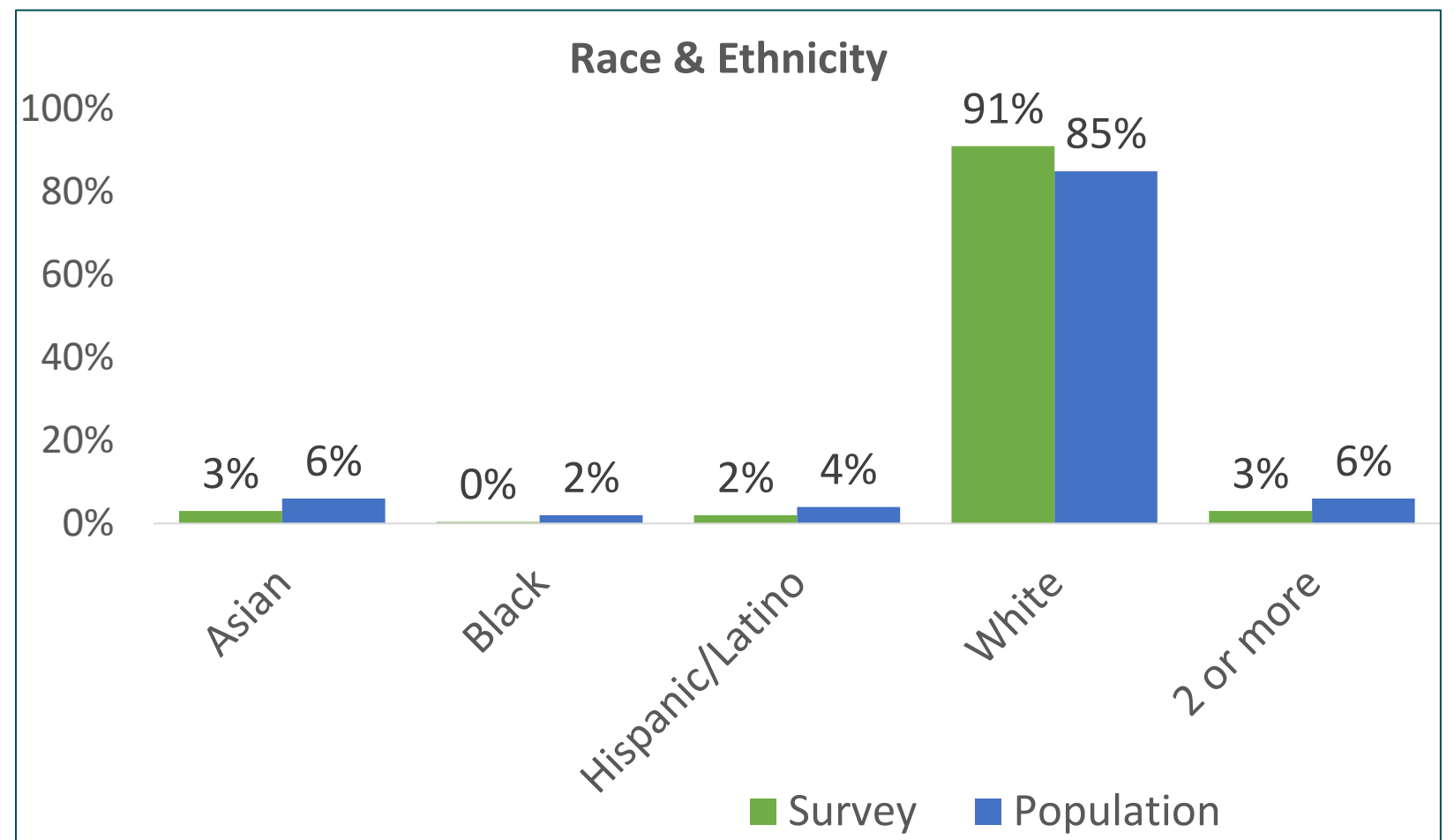


Gender: 75% female, 25% male, and one participant who identified as non-binary or transgender.

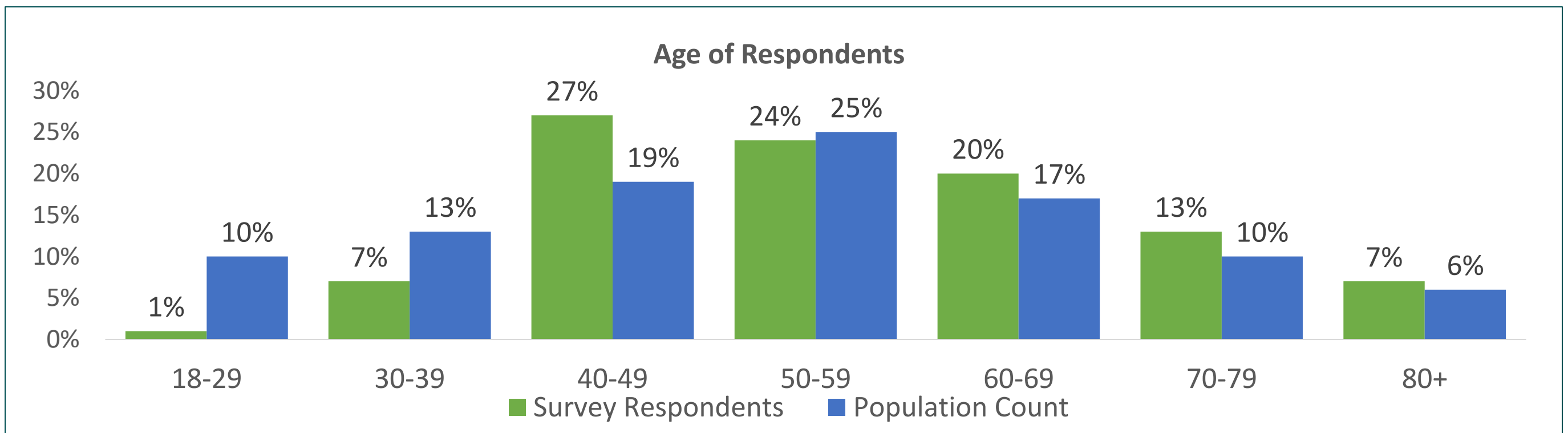


Demographics

Race & Ethnicity: There is some overrepresentation of white survey respondents when compared to all other minority groups in New Canaan when considering population estimates.



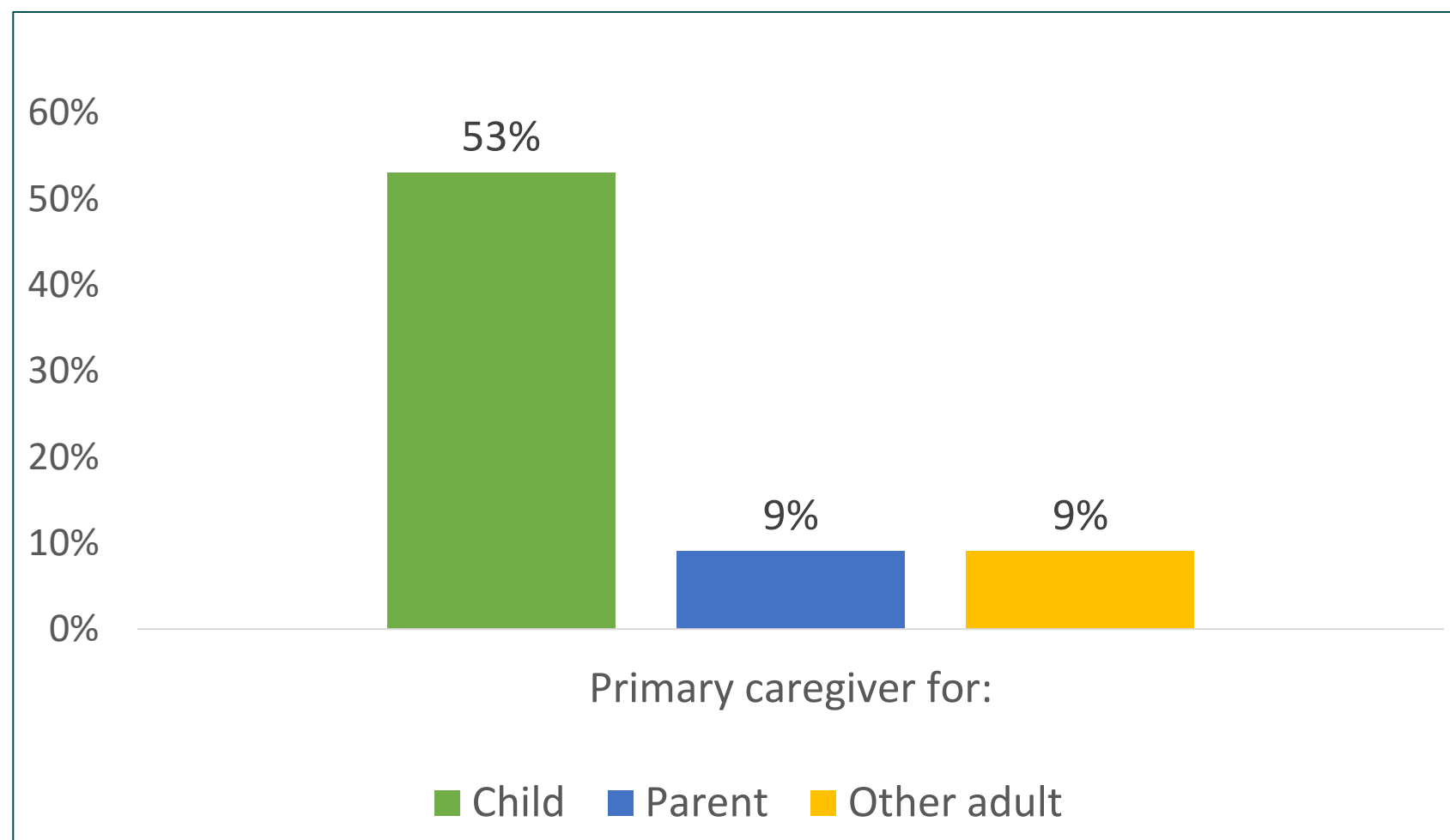
Age: In some categories the age of respondents underrepresents the population count (18-29 and 30-39) and among 40–49-year-olds there is overrepresentation. For the remaining age categories the response rate closely aligns with census estimates.



Demographics

Children at Home/Parents: 60% of the respondents currently have at least one children living at home.

Multi-Generational Household: 3% of respondents indicate that they live in a multigenerational household.



Primary Caregiver: 53% of respondents reported that they are the primary caregiver for a child; 9% for a parent; and 9% for another adult or family member.

Multiple Caregiver: Of the respondents who care for a child, 12% also care for a parent, and 8% care for someone else.

Subgroup Analysis

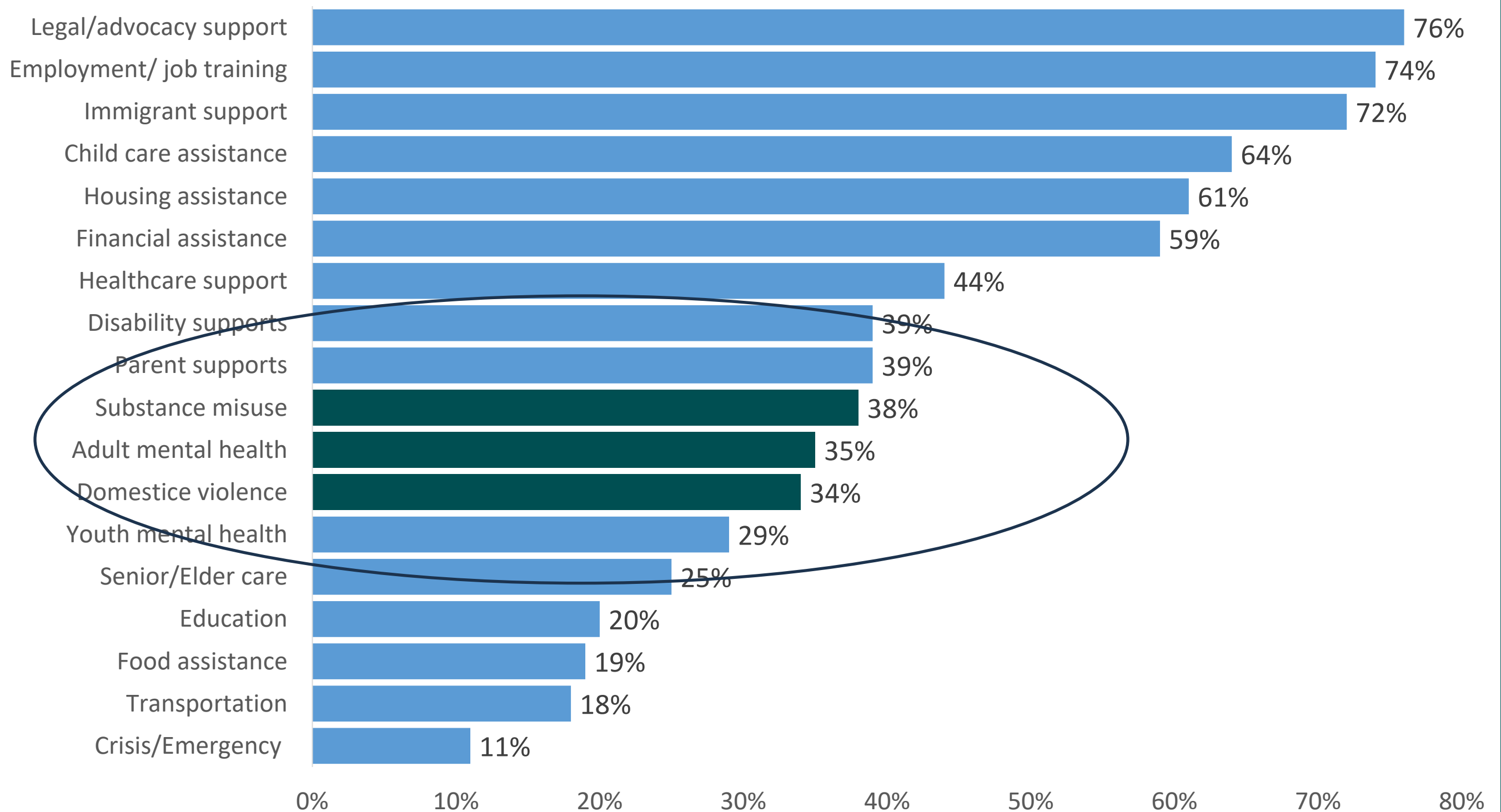
- Subgroup analysis was performed by **gender, age group and length of residency**
- We also looked at differences for respondents who fall into five unique categories:
 - **Multiple caregivers** (those caring for both a child and parent)
 - Participants who reported **low financial security**
 - Participants who reported **low life satisfaction**
 - Participants who reported a high concern for their own **emotional well-being**
 - Participants who reported a high concern for their own **mental health**



Awareness of Community Supports

Awareness of Community-Based Supports

% NOT AWARE of community supports:



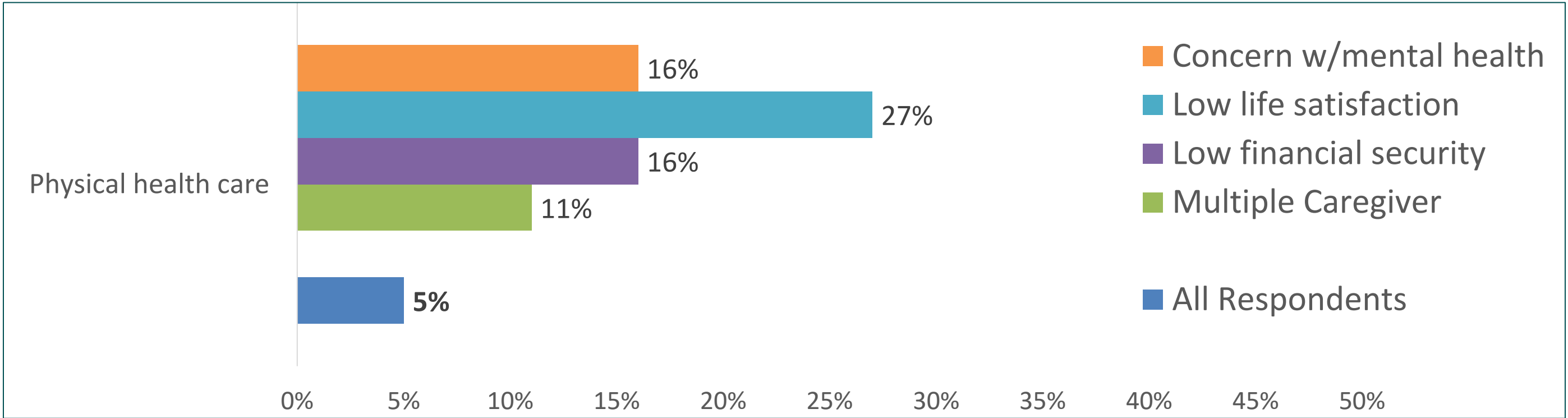
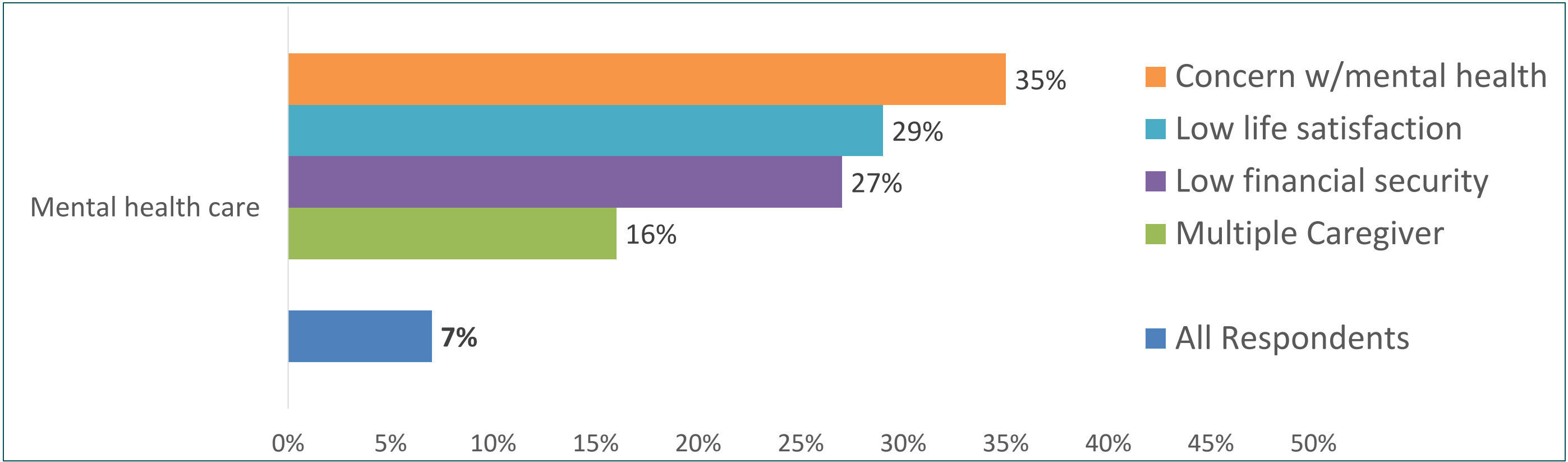
- Males are more likely to be unaware of supports related to food assistance, education, mental health, parenting, and immigrants/refugees.
- Awareness gaps are particularly notable among 30-39- year-olds and 40-49- year-olds.



Access to Care

Access to Care

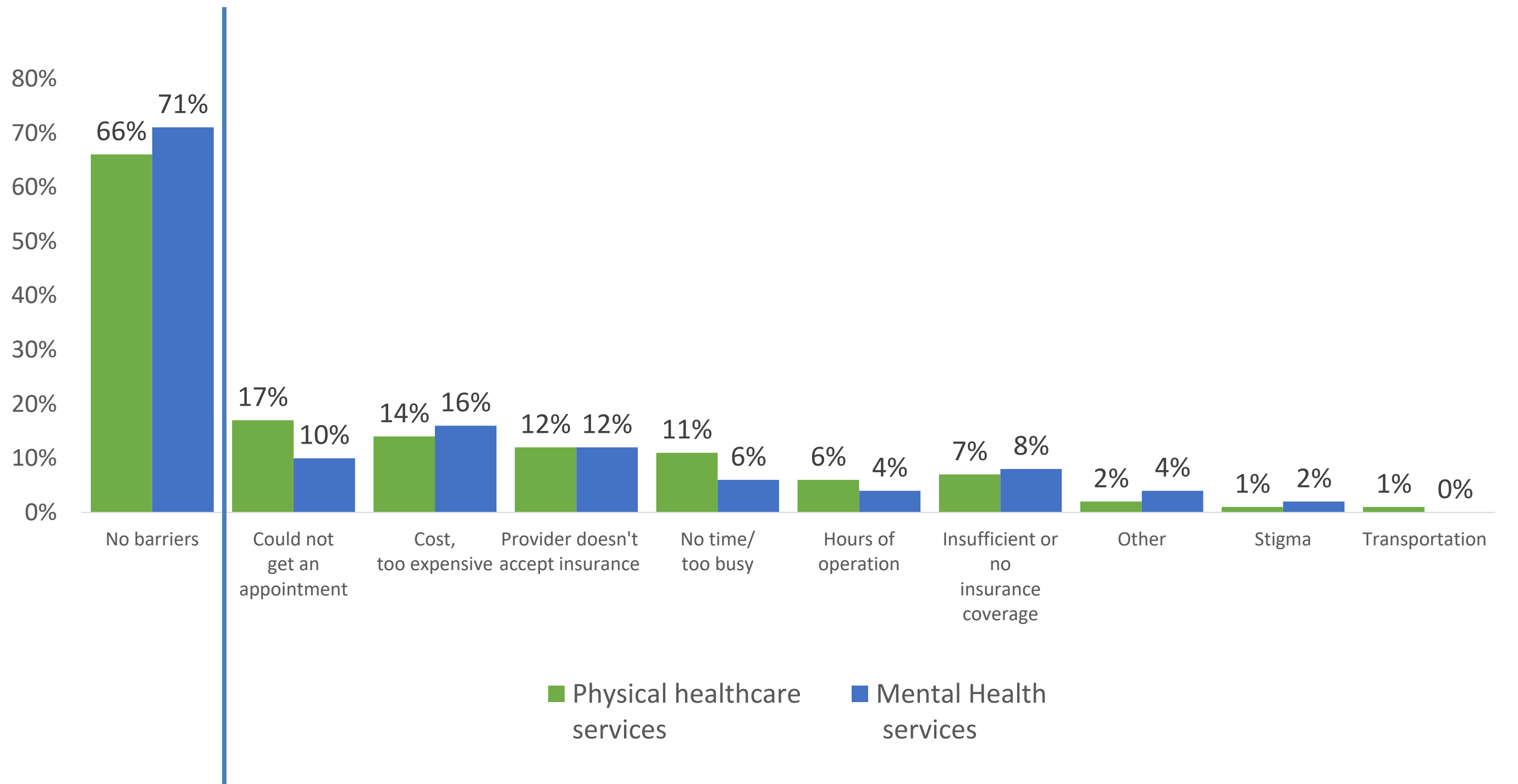
Residents who are multiple caregivers, report mental health concerns, low life satisfaction, and/or low financial security report much higher rates of not getting needed physical and mental health care.



- Females & Individuals aged 30–49 report higher rates of unmet physical and mental health care needs

Barriers

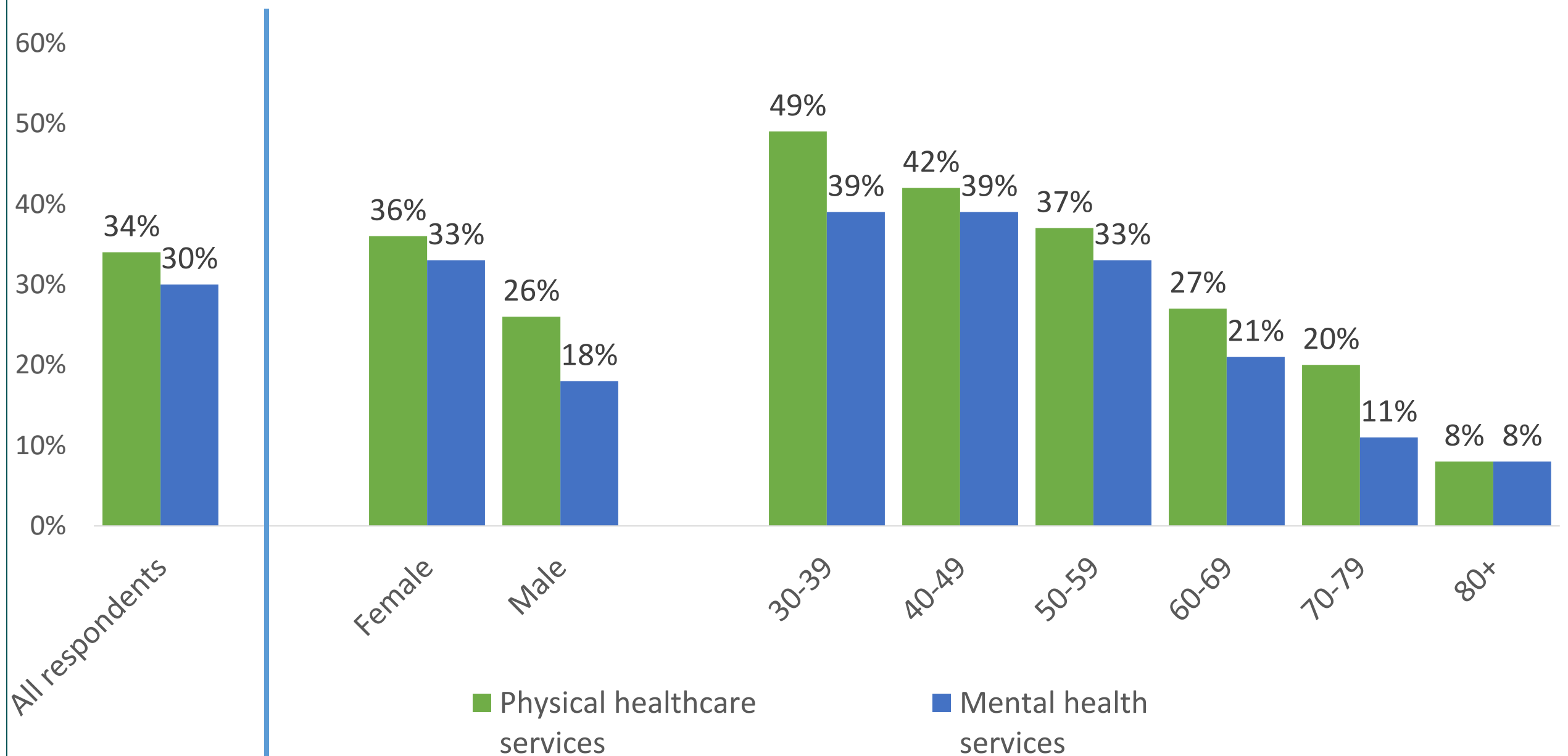
More than two-thirds of respondents did not have barriers when accessing physical and mental health services.



Barriers

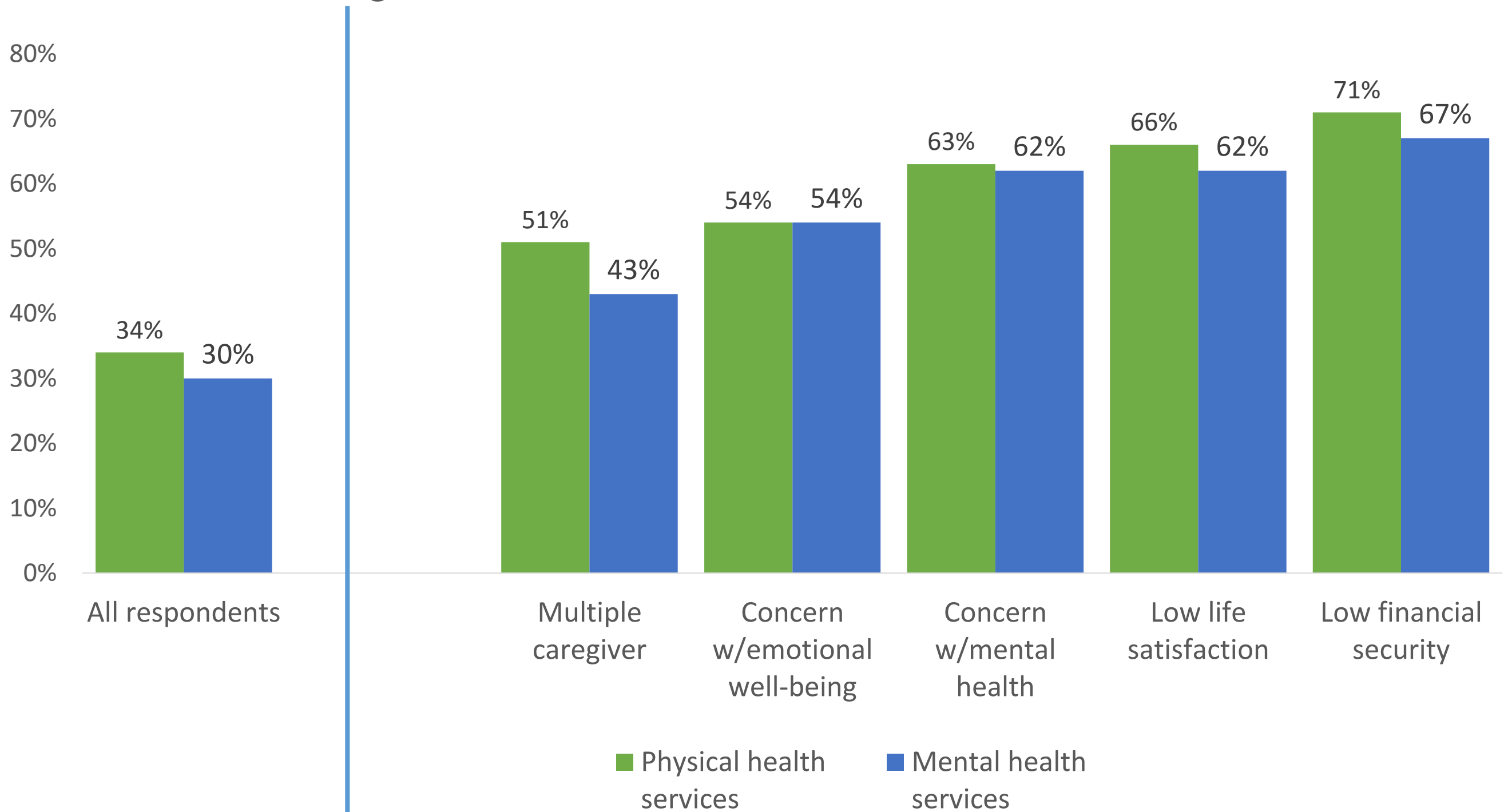
Just over one-third of all respondents had at least one or more barriers to accessing medical services.

Rates are higher among females and residents 30-59 years-old.



Barriers

Multiple caregivers, those with low financial security, low life satisfaction, and concerns with their emotional well-being and mental health report higher rates of barriers to accessing medical and mental health services.



30- to 59-Year-Olds

30-59 Year Olds

A Penn State study finds today's middle-aged are experiencing much higher stress levels than 30 years ago.

Parental stress is an urgent public health issue, U.S. surgeon general says in new advisory.
Surgeon general's warning: Parenting may be hazardous to your health.

The Sandwich Generation Is Stressed Out, Low on Money and Short on Time

Our survey findings...



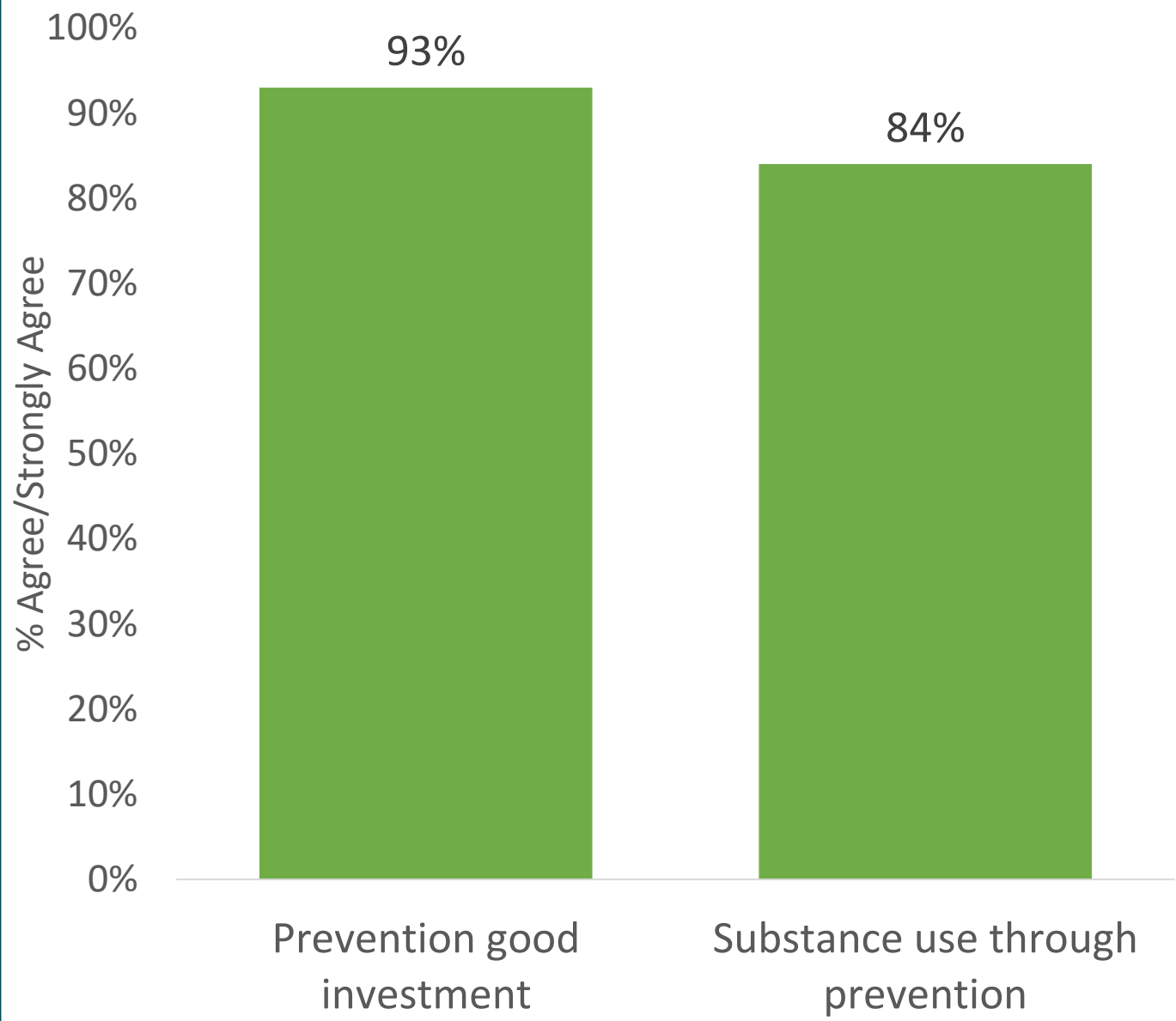
- **30-59- year-olds** reported lower rates of well-being when compared to older residents
- **40-59- year-olds** reported the lowest rates around life satisfaction
- **30-59- year-olds** reported higher rates of barriers to accessing medical services



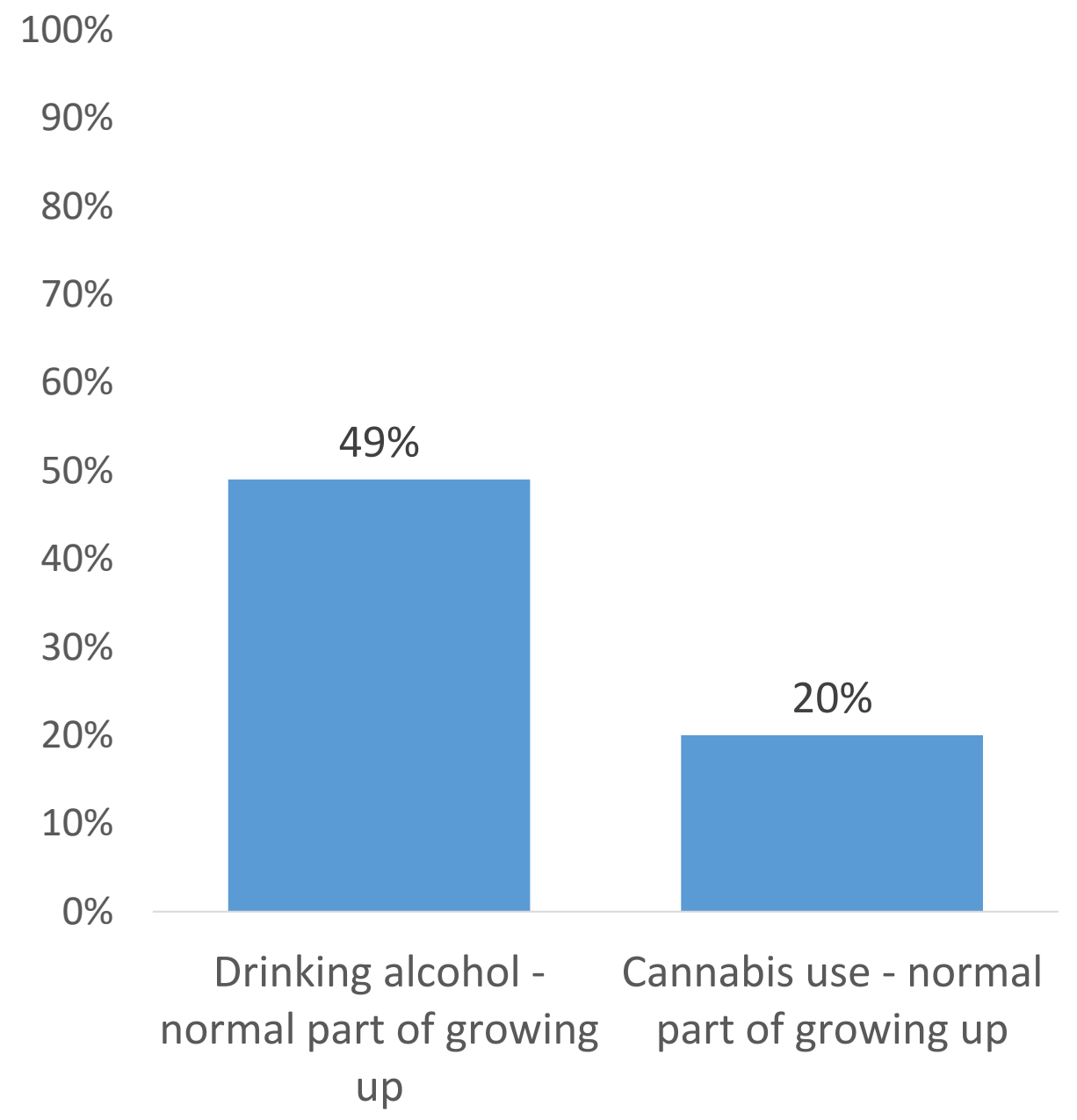
Positive Community Norms

Community Norms around Prevention

There is strong support for prevention programs in New Canaan.



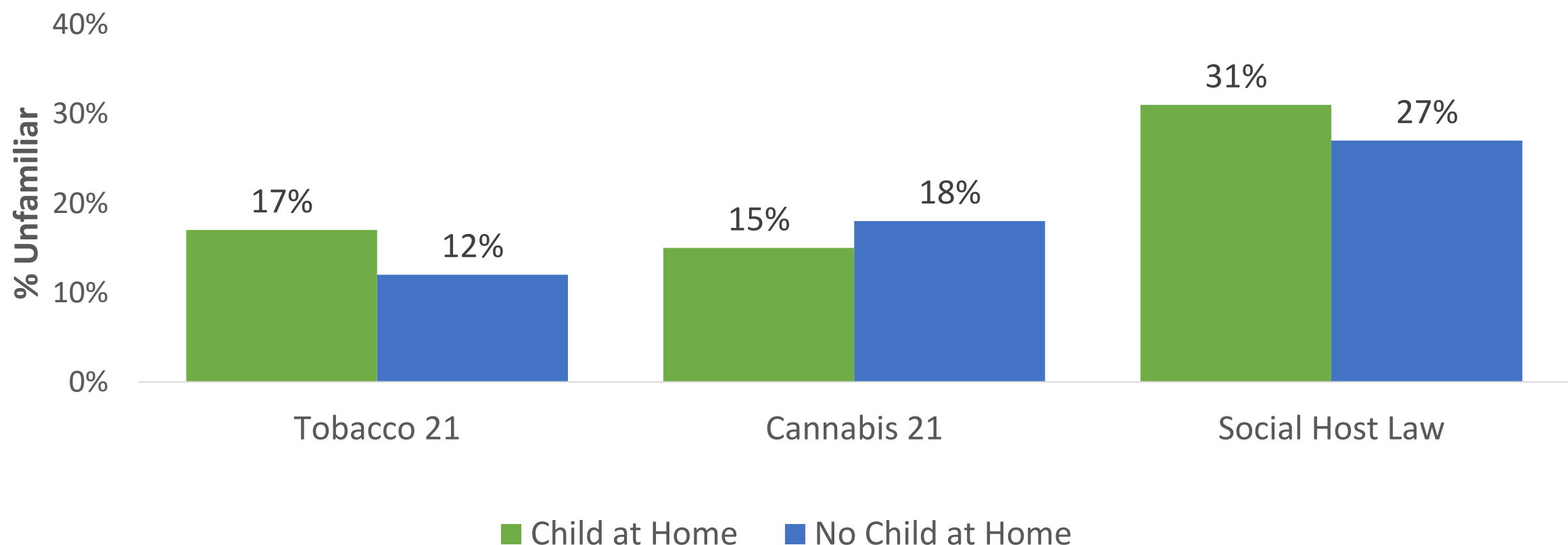
Half of respondents believe underage alcohol use is a norm



Substance Related Laws

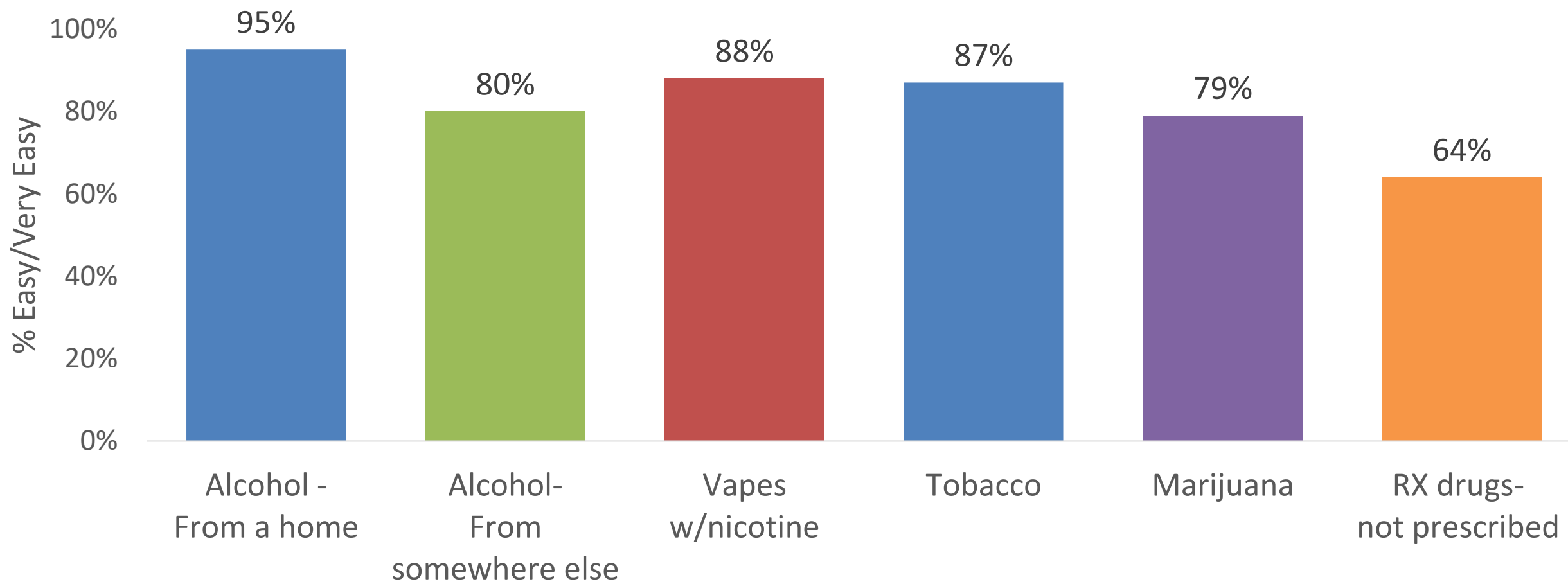
- **Tobacco 21:** a Connecticut law that requires the minimum age for purchasing tobacco and vaping products to be 21
- **Cannabis 21:** a Connecticut law legalizing retail cannabis use for adults 21 years or older
- **Social Host Law:** a Connecticut law that makes it illegal for any adult to provide a place for youth under age 21 to drink or use marijuana

Overall, 30% of participants are unfamiliar with the Social Host Law.
Rates are higher among parents.



Access to Substances

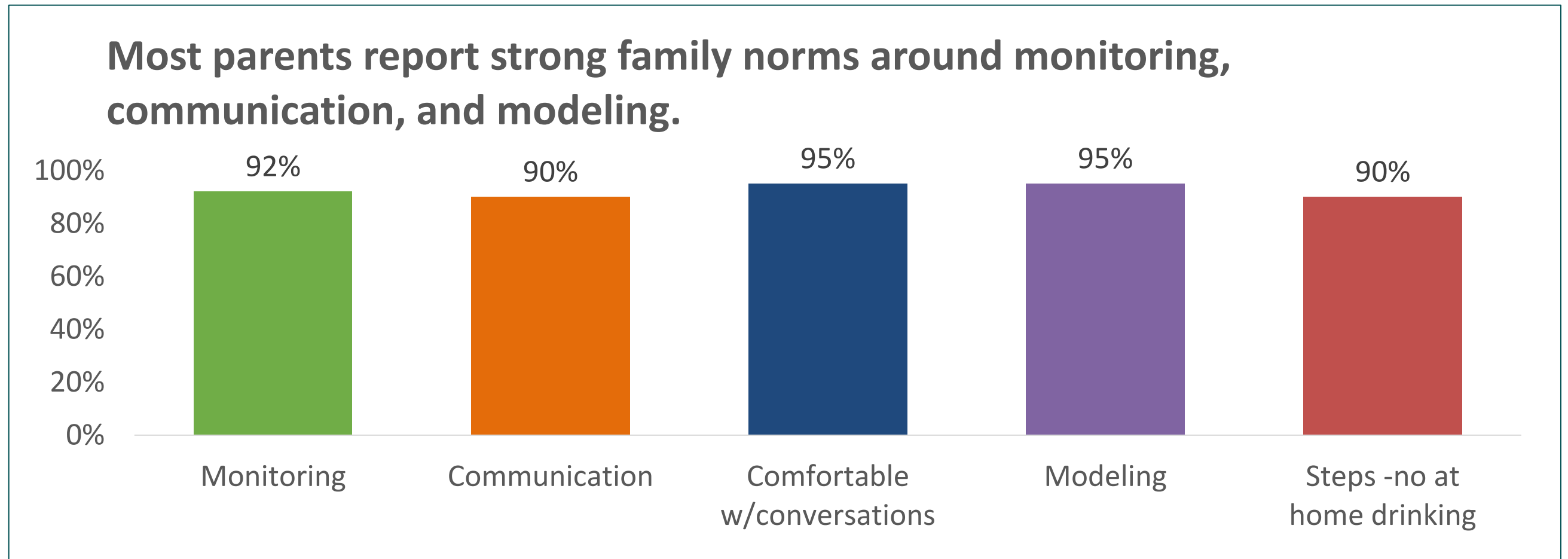
Underage access to substances is perceived to be easy by most respondents.



Parent Norms & Perspectives

60% of respondents had at least one child living at home

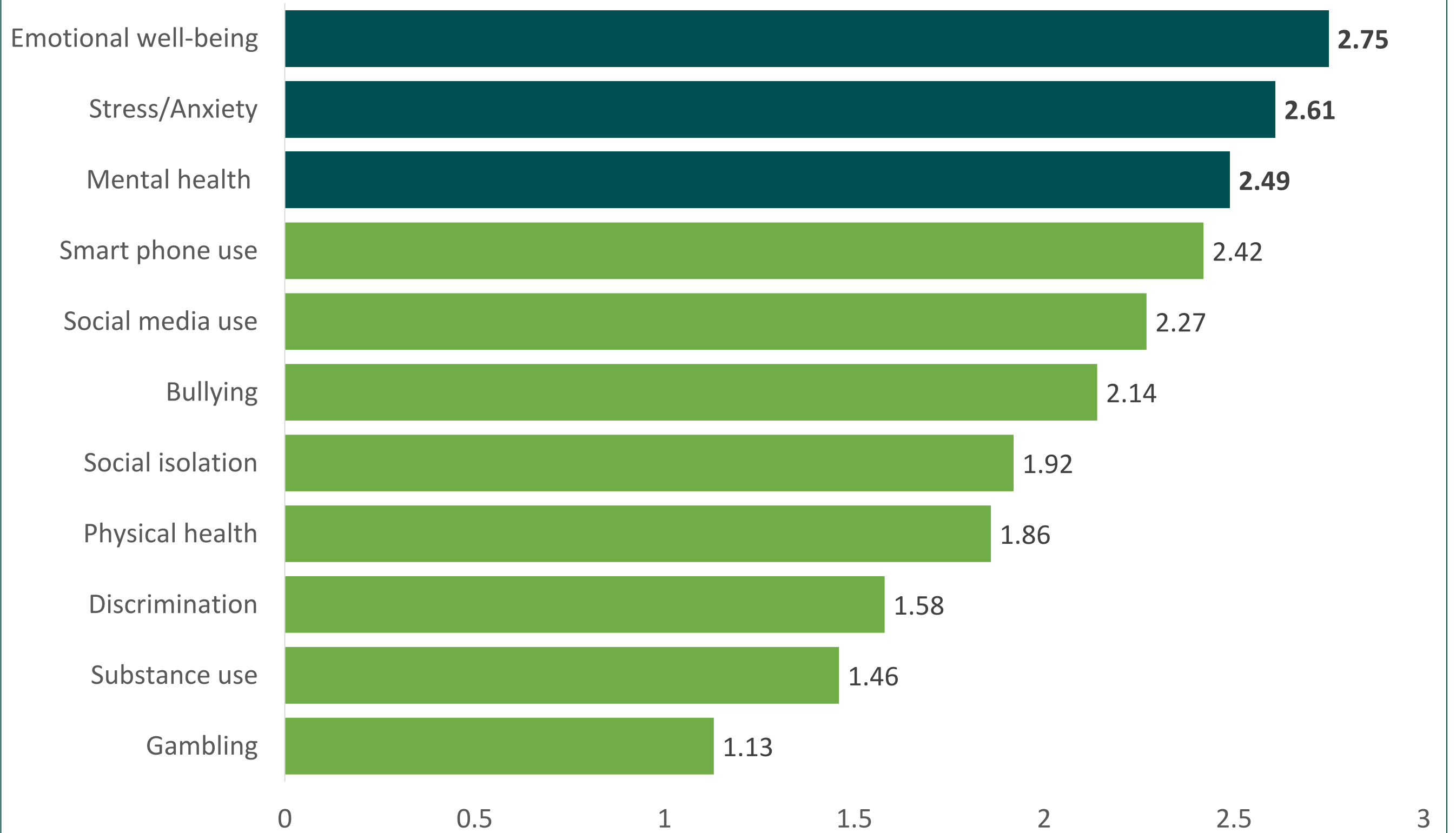
Family Norms



- **When MY CHILD goes out, I know where they are and who they are with.**
- **If MY CHILD had an important concern about drugs, alcohol or some other serious issue, they would talk to me about it.**
- **I feel comfortable having age-appropriate conversations with MY CHILD about important issues including mental health, substance misuse, other risky behaviors, etc.**
- **In my own choices about using drugs and alcohol, I have considered the behavior I am modeling for MY CHILD.**
- **I take steps to ensure that MY CHILD and their friends do not drink alcohol in our home.**

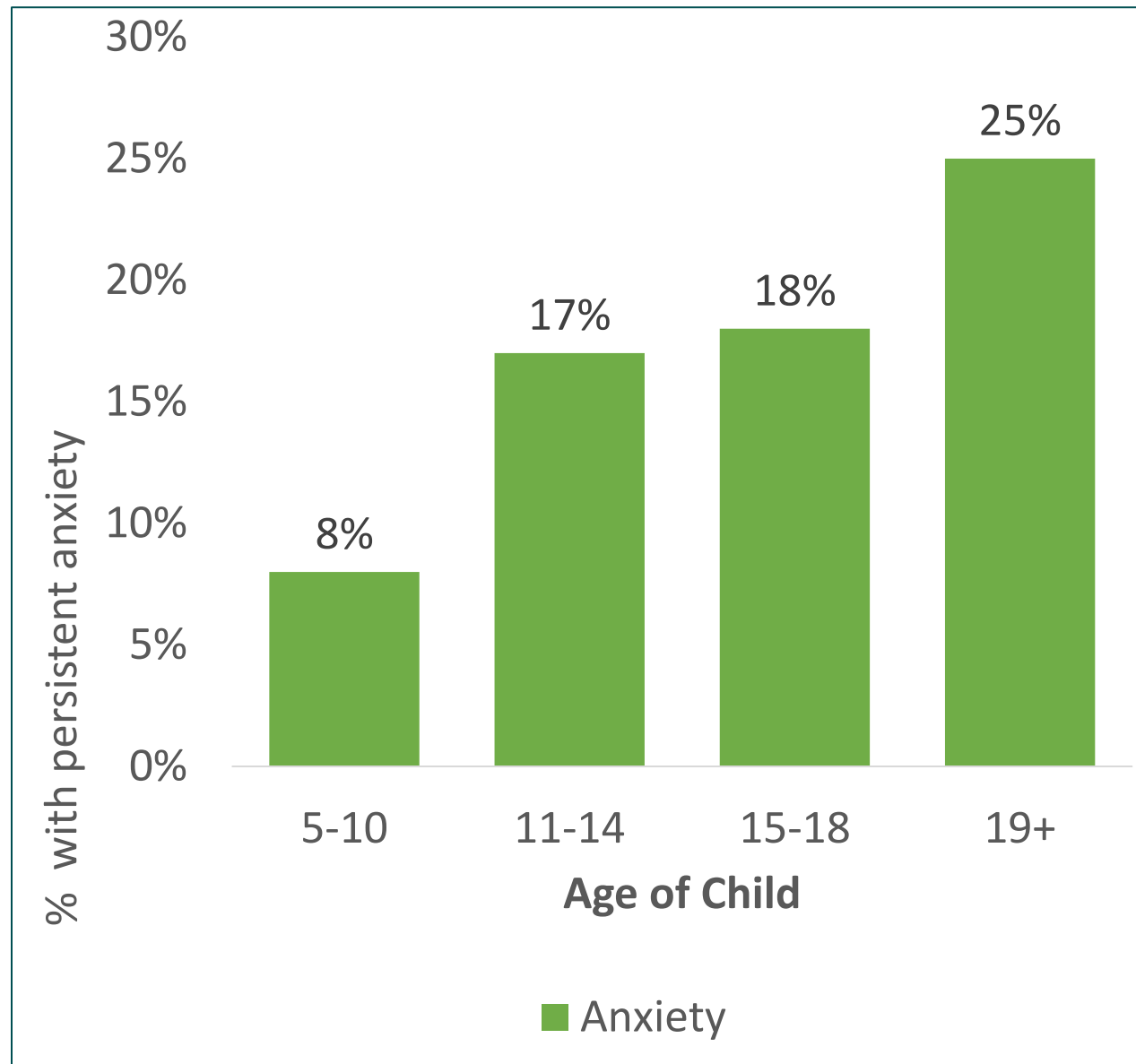
Level of Concern

Parents ranked emotional well-being, stress and anxiety and mental health highest when considering their concerns for their child.

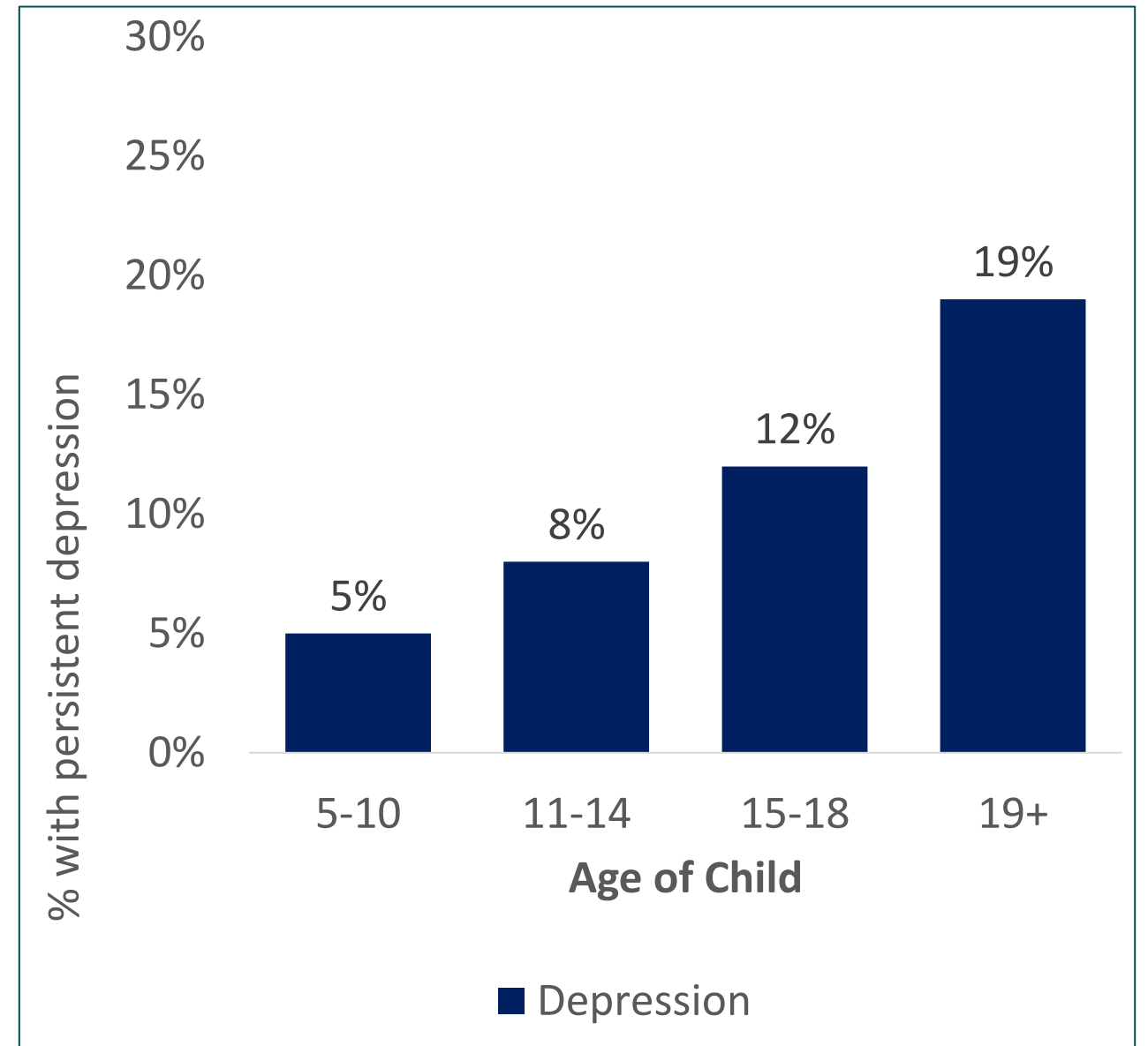


Child's Mental Health

Overall, 1 out of 3 parents (33%) do not know or are unsure where to get help if their child is struggling with a mental health issue



16% of parents reported that they believe their child struggled with **persistent anxiety** in the past year



10% of parents reported that they believe their child struggled with **persistent depression** in the past year

In 2023, 35% of high school youth in CT reported persistent depression (YRBS)

Discussion, Q&A, Next Steps

Initial comments:

- Dr. Andrew Gerber, President & Medical Director, Silver Hill Hospital
- Dr. Bryan Luizzi, Superintendent, New Canaan Public Schools
- Colleen Prostor, Executive Director, New Canaan CARES
- Leo Karl, Behavioral Health Committee, New Canaan Community Foundation